

The  
Herndon Community Center  
Presents:

# Swimming Safety Rules

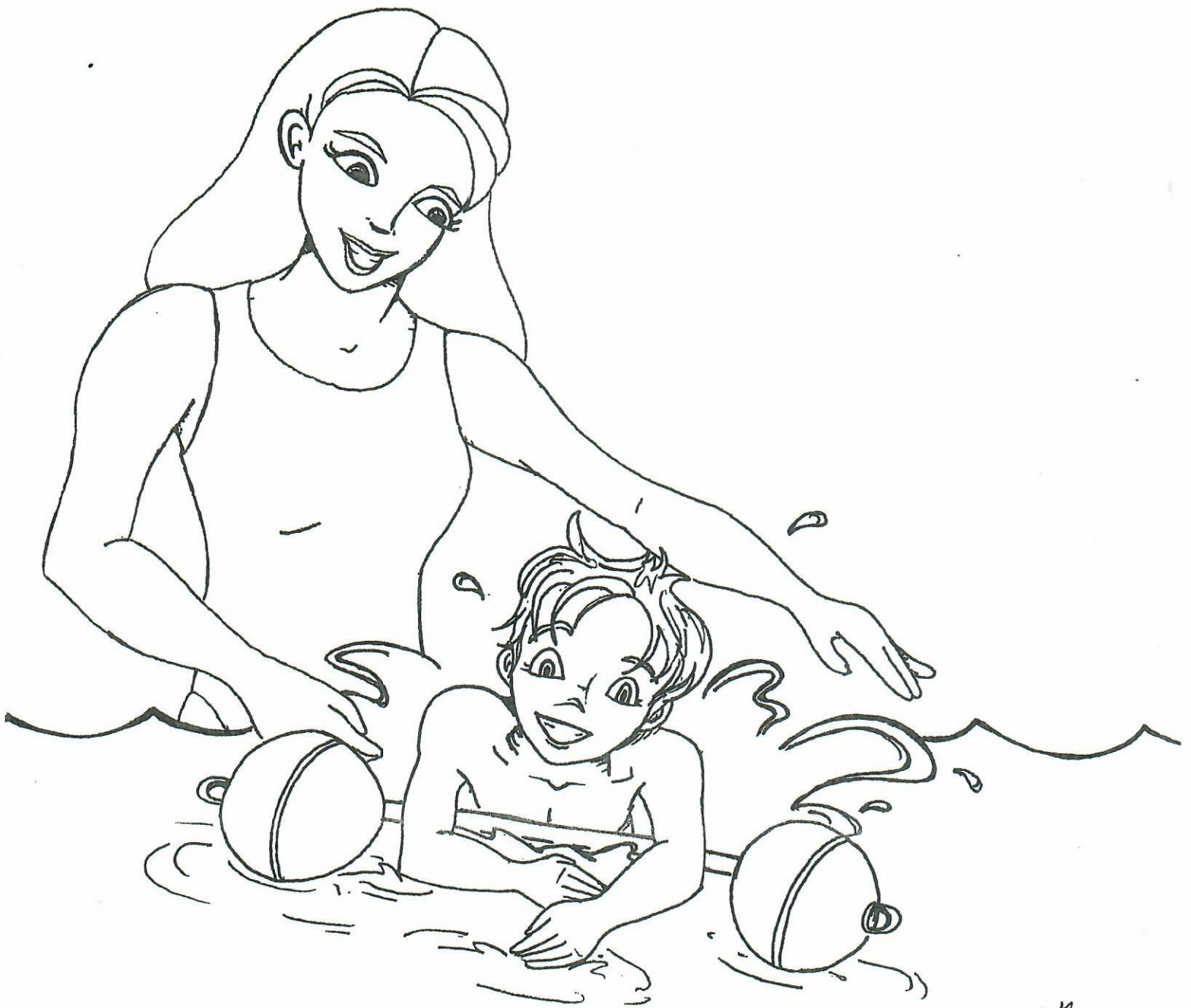
Coloring Book



~ illustrated by Amanda Brock ~

Learn to Swim =

Take lessons here!



AB

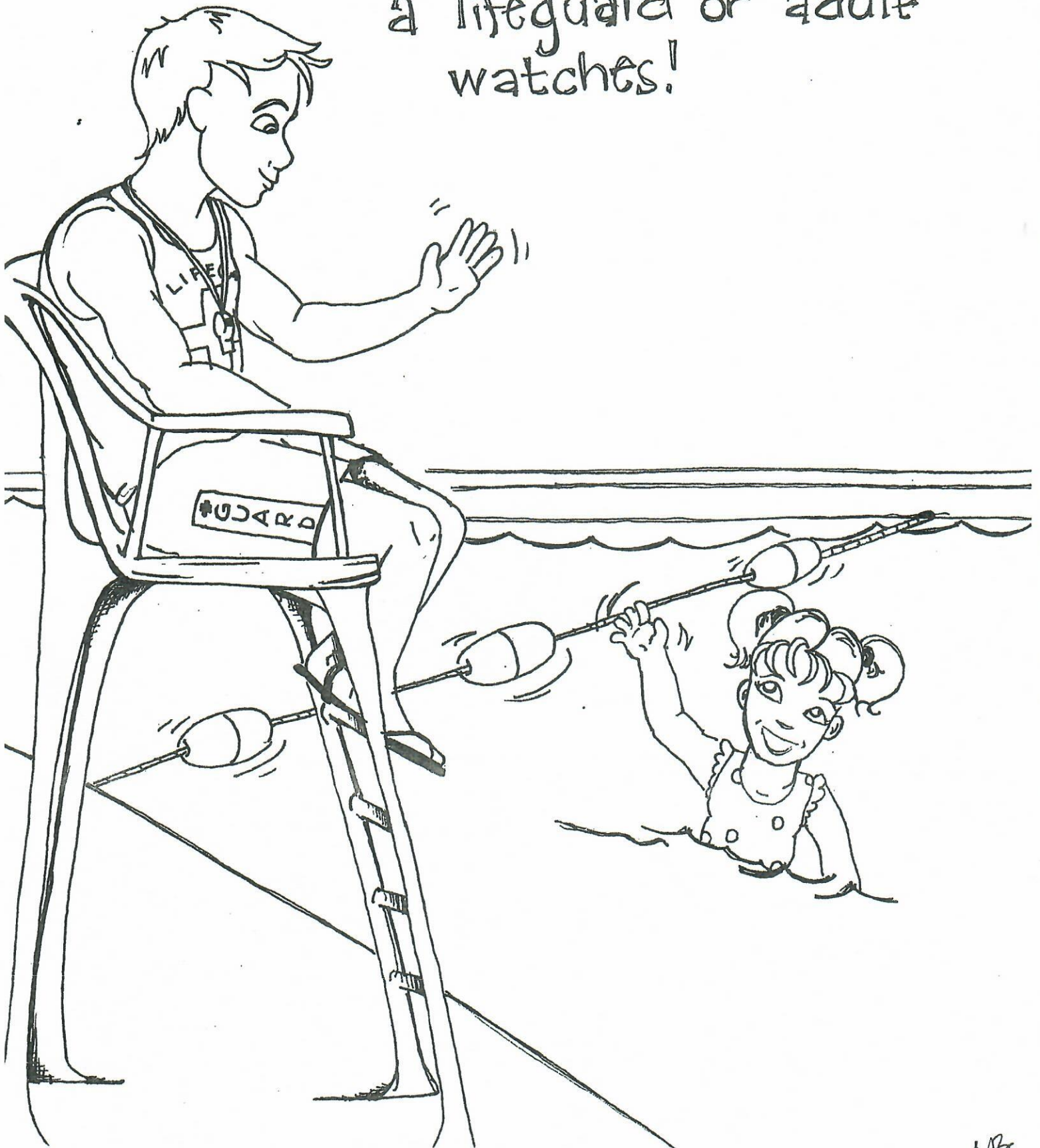


Always swim with a buddy!



AB

Swim in a designated  
area and be sure  
a lifeguard or adult  
watches!

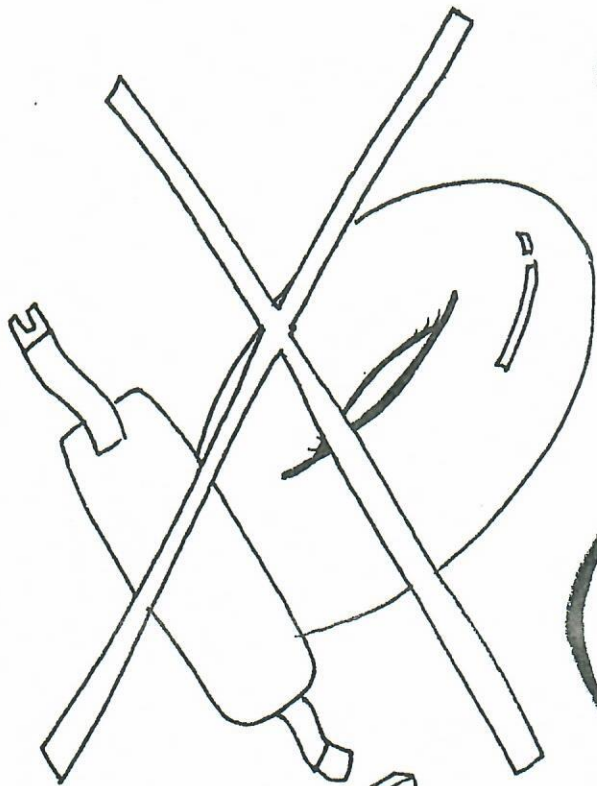




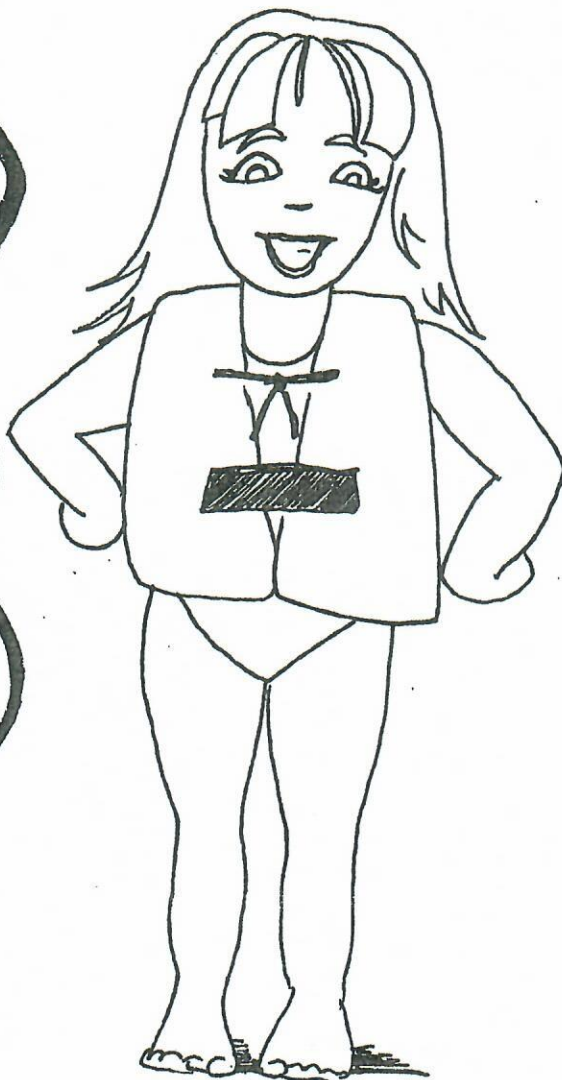
Wear a lifejacket if you can't  
swim or are just learning how!



**IIA** Float or swim ring does not  
take the place of a lifejacket!



**NO!**



**YES!**

Obey all "No Swimming" and other  
warning signs!



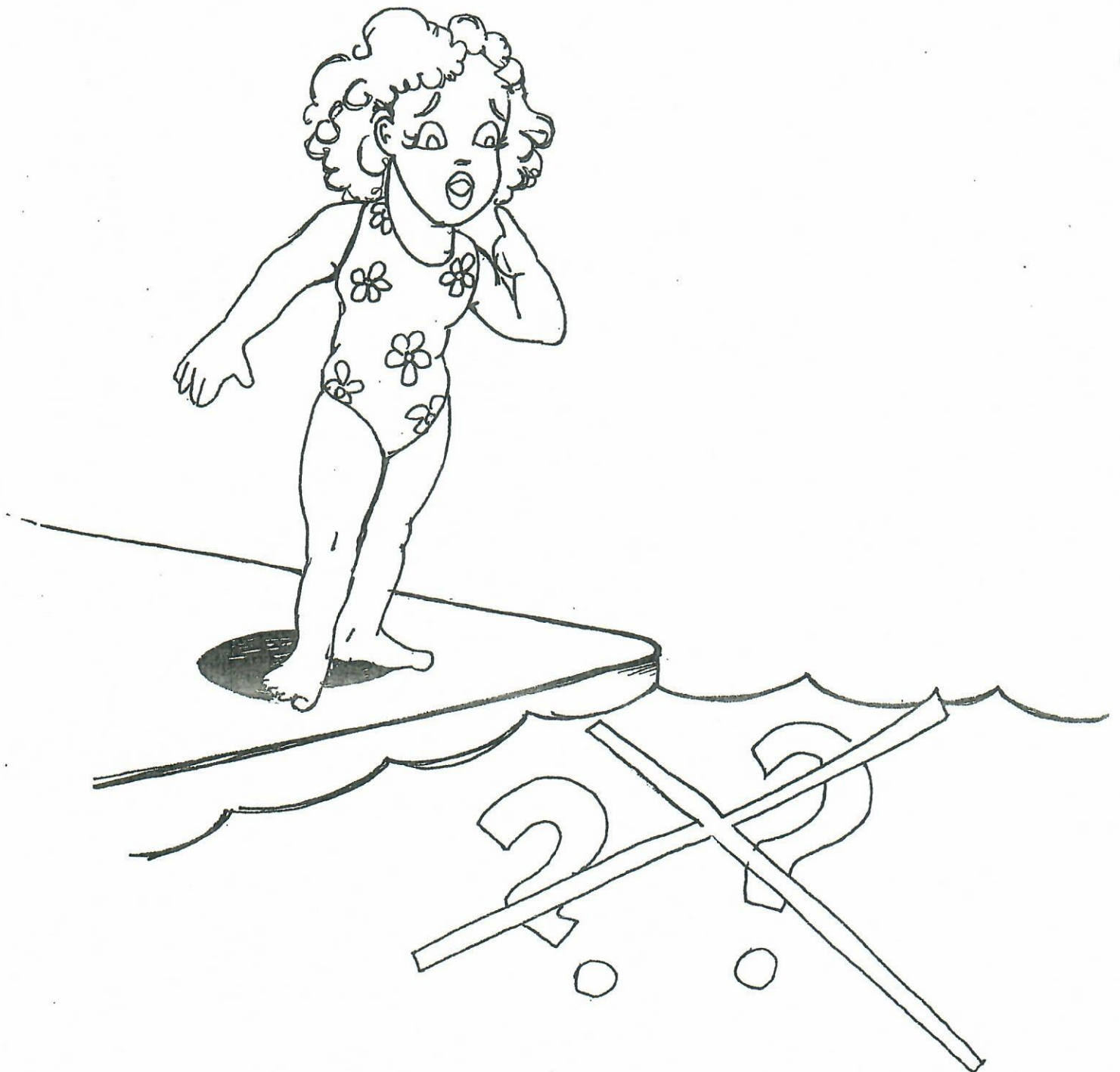


Be cool - Follow the rules!  
Don't pretend to be drowning!

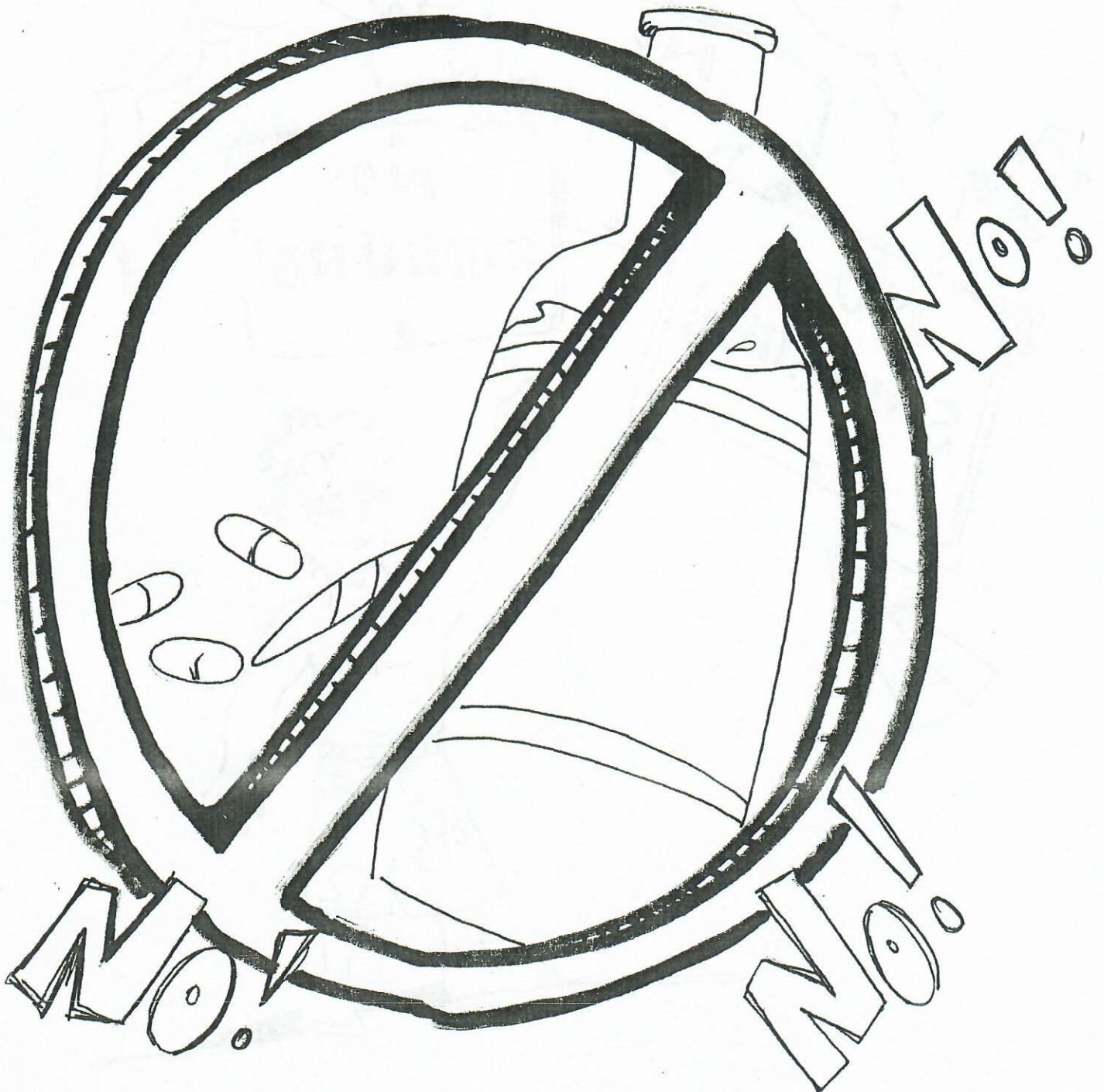




Never jump or dive into  
unknown waters!



No drugs or alcohol!





Know emergency action plan  
or call 911!

